



ADD COLOR AT EVERY MEAL

Incorporating nutrient-rich foods into your diet is important for your overall health. One great way to determine the nutritious value of your meal is to note how colorful your plate looks. If it's looking dull, chances are you aren't getting all the nutrients your body needs. Use these colorful tips to increase the nutritional value of your meals.

Breakfast

- Add fresh mushrooms, tomatoes, spinach, peppers and onions to scrambled eggs and omelets
- Top your cereal or yogurt with fresh berries
- Make a smoothie with fresh or frozen fruits
- Add raisins or fresh fruit to oatmeal
- Spread jelly or jam on toast
- Add fresh blueberries or mashed bananas to pancakes, waffles and muffins

Lunch

- Add lettuce, onion, tomatoes, pickles and peppers to your sandwich
- Substitute meat for vegetables when ordering pizza
- Opt for a vegetable-based soup
- Replace chips with carrots or celery sticks

Dinner

- Add assorted chopped vegetables to rice, pasta and casserole dishes
- Bake sweet potato wedges instead of frozen French fries
- Make spinach salad with strawberries or apples on top
- Create a vegetable stir fry
- Use a lot of fruits and vegetables when grilling shish kabobs

DON'T FORGET TO STRETCH!